



AVOID THE BITE

**Around Your Home**

Different types of mosquitoes prefer to lay their eggs in different habitats. Some species prefer woodland depressions or grassy shorelines. Others prefer to lay their eggs in roadside ditches, containers or tree holes. Removing mosquito breeding environments from around your home is the first line of defense against mosquitoes, and one of the most important. Remember, mosquitoes do not need much water to breed.

Take the following steps to protect you and your family:

- Empty containers that can collect water such as buckets, cans and jars, overturned garbage can lids, etc.
- Avoid water collecting on pool covers.
- Turn over or cover canoes and other boats, children's wading pools, and wheelbarrows.
- Change the water and scrub the sides of bird baths, animal troughs, and pet watering dishes at least once a week to eliminate mosquito eggs and larvae.
- Check and empty water from children's toys that have been left outside.
- Clear roof gutters of debris.
- Change water in vases and pots holding flowers or plant cuttings at least once a week.
- Dispose of unused tires properly, or store where water cannot collect in them.
- Drill holes in the bottom of recycling containers.
- Empty water collected in tarps around the yard or on woodpiles.
- Plug tree holes with sand or mortar and fill in holes or depression in your yard.
- Repair leaky pipes and outdoor faucets.
- Do not blow or rake grass clippings into roadside ditches.

ALABAMA
PUBLIC
HEALTH

COMMUNITIES - GET THE WORD OUT	CITY AND COUNTY MUNICIPALITIES AND TOWNS
Ask local churches and stores to post information.	Distribute mosquito information in city and county areas.
Get neighborhood associations to go door-to-door.	Keep weeds mowed around banks of ponds, sewage waste lagoons, and lakes.
Partner with various populations including Latinos and Poarch Creek Indians.	<ul style="list-style-type: none"> ● Clean out permanent flower beds in cemeteries located within municipalities. ● Clean out water drainage systems such as culverts, storm drains, and roadside ditches that are clogged. ● Hold training programs for mosquito control personnel. ● Contact local news media to promote activities being done in your area. ● Encourage city and county websites to create a link to www.adph.org/mosquito.
<ul style="list-style-type: none"> ● Conduct presentations at schools and Senior Citizen Centers. ● Start an early community Spring clean-up program. ● Plan a health fair. ● Encourage organizations with websites to create a link to www.adph.org/mosquito. 	

Fight the Bite



Don't Become The Main Course



Fight The Bite!

Properly discard unused tires, make holes in them, or store them in a covered area so that water cannot collect in them.



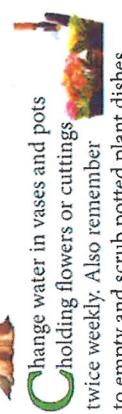
Turn wheelbarrows, tubs, children's wading pools, and boats upside down or store them under cover when not in use.



Keep weeds, vines, and grass trimmed since mosquitoes use these shady areas as resting places during hot daylight hours.



Fill tree holes with sand or mortar so that water does not collect in them.



Change water in vases and pots holding flowers or cuttings twice weekly. Also remember to empty and scrub potted plant dishes.

Prevention Is The Key!

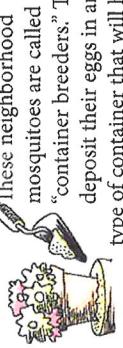
Take an active role in reducing your exposure to mosquitoes. Eliminate breeding sites before mosquitoes become a problem, and reduce your chances of being bitten by wearing protective clothing and repellents.

Remember, with these small pests come big problems, so reduce your mosquito exposures and eliminate breeding sites in your yard today.



Mosquito Breeding Sites

Different types of mosquitoes prefer to deposit their eggs in different habitats. Some species prefer woodland depressions or grassy shorelines. Others prefer to deposit their eggs in and around neighborhoods. These neighborhood mosquitoes are called "container breeders." They deposit their eggs in any type of container that will hold water. One water-filled can or bottle can be the hatching site for several thousand mosquitoes.



Stop Raising Mosquitoes In Your Yard

It's a fact...all mosquitoes need water in which to develop. Inspect your yard for places a mosquito could use to breed. Listed below are some helpful tips on how to reduce sources of water in your yard to eliminate these breeding sites.



Dispose of containers that collect water like old buckets, cans, bottles, or jars.

Repair leaky pipes and outside faucets, and keep drains and gutters unclogged so that water does not collect in these areas.

Change the water and scrub the sides of bird baths, animal troughs, pet watering bowls frequently to eliminate mosquito eggs.

How To Reduce Your Exposure To Mosquitoes

For **Zika** and Other Arbovirus Information
www.adph.org/mosquito

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Madison County Health Department
Health Education Division

Mosquitoes are well-known nuisances. Less well known, however, is the fact that they are also capable of carrying and transmitting several diseases which can affect both people and animals. Because of these disease risks, it is important to understand some basic facts and precautions in order to protect yourself and your family.

Human Diseases Carried by Mosquitoes

Mosquitoes can carry and transmit serious diseases which can affect you and your family. These diseases may include:

- Malaria
- Dengue
- Yellow Fever
- Encephalitis
- Zika
- Chikungunya



While malaria, dengue, and yellow fever do not occur commonly in Alabama, arboviral diseases including West Nile Virus (WNV) fever and encephalitis, Eastern Equine Encephalitis (EEE), St. Louis Encephalitis (SLE), and LaCrosse Encephalitis (LAC) do occur in this state and can result in serious illness. Encephalitis can cause lasting brain and nervous system damage, and in some cases, death. The latest mosquito-borne illness to reach the Americas is Chikungunya. In the past year (2013), thousands of people in the Caribbean have been infected with Chikungunya Virus which causes fever, debilitating joint pain, muscle aches, headaches, joint swelling or rashes. It is impossible to distinguish which mosquitoes carry disease and which don't so it is very important to try and limit all

Mosquitoes DO NOT carry HIV/AIDS, leukemia, or hepatitis.

Animal Diseases Carried By Mosquitoes

Mosquitoes can transmit several diseases that infect animals, such as the agent that causes heartworm disease in dogs, as well as the virus that causes Eastern Equine Encephalitis (EEE), and West Nile Virus (WNV) in horses. Horses are considered to be "dead end" hosts of EEE and WNV, and are not known to transmit the disease to each other or to man. WNV also kills many wild birds that are infected, in addition to mammals.

Reducing Mosquito Exposures

Normally mosquitoes are most active in the early morning and early evening, but peak mosquito activity can depend on the type of mosquito in your area. Swamp mosquitoes are typically active at dawn and dusk, but the Asian Tiger Mosquito (which is common in north Alabama) is most active during the day - between 10am and 2pm. Staying indoors during these peak times is one way to eliminate exposure risks, but is not always practical. If you go out during the dusk and dawn hours, wear light-colored, tightly-woven, loose clothing and enough insect repellent to cover skin and

repellent to cover skin and clothes to help reduce the risk of being bitten.



Repellent Usage & Precautions

Insect repellents should contain one of the following EPA registered ingredients:

DEET
Picaridin

Oil of Lemon Eucalyptus/PMD

or
IR3535

Repellents with the chemical "DEET" (diethyl toluamide) are effective in reducing mosquito bites.

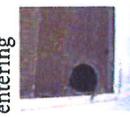
Contact your healthcare provider with your concerns about the use of repellents. **Do Not** use repellents under clothing, over cuts, wounds or irritated skin. Keep repellents away from eyes, lips, nasal membranes, and use sparingly around ears. Always read the label instructions carefully before applying.

To apply repellent, spray repellent on hands first and then apply it on children and faces. Only preparations with less than 10% DEET concentrations should be used on children. After returning indoors, wash treated skin and clothes with soap and water.



Indoor Protection

To prevent mosquitoes from entering your home, keep window and door screens in good condition. Repair any holes where mosquitoes may enter.



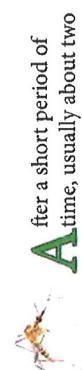
Mosquito Life Stages

Mosquitoes have four stages in their life cycle. All of these stages, except the adult stage, require water in which to develop.

Once deposited and exposed to water, mosquito eggs hatch into larvae in as few as 2 - 3 days.



Larvae, also known as "wigglers," appear as small, slender creatures which dart about in the water. The larval stage can last as little as 4 days or as long as 2 weeks, depending on the food sources and water temperatures.



After a short period of time, usually about two days, the adult mosquito emerges from the pupae. After drying its wings, the adult is then ready to fly off in search of food. The entire life cycle of some mosquitoes can be completed in a few as 10 days.



Only the female mosquito bites and feeds on people and animals. The females need the protein from blood to produce the eggs which they lay. One female can produce as many as 100 to 200 eggs per bloodmeal.

